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OVER THOUSANDS YOUTHS

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Words from **CEO**

We should always believe in ourselves and follow our aspirations. Everything is achievable in this world if you do things with good intentions and a pure heart. When you put your heart soul and mind into one thing it becomes a reality. Energy you put out is what you get back.

How you treat others, is how you eventually be treated.

What you say about others, will be said about you. So treat yourself and all living creatures with compassion, respect, honesty, and kindness and always do what makes you happy and brings you inner peace and happiness. Feed your soul; not just your body. I've seen failure, I've seen success. We support your dreams.



Aatmoutsarga **INTRODUCTION**



Aatmoutsarga is a leading non-profit organization established on January 25, 2020, by a group of young, dedicated and innovative individuals. The organization is currently operating on diverse aspects regarding the welfare of vulnerable street animals nationally. It also encompasses some areas outside of Nepal. It was established by a Nepalese intellectual Ms. Pratibha Gurung at the age of 19. Our organization is always known for its pioneering role in the welfare of abused and abandoned animals. With a motive to ensure the safety and wellbeing of the animals, it has been working effectively and efficiently in promoting and nurturing bonds between animals and humans. Since its establishment, it has been consistently and effectively offering direct services to stray animals following the standard rules set by the "Animals Welfare and Protection Act – 2011".

Our Vision:

To end the suffering of strayed and homeless animals in the nation, ensuring full and sustainable protection to all animals and implicating the “*Feeding souls through Service*” policy.

Our Mission:

To assist, promote, protect, and advocate kindness towards animals in need, cultivate the culture to respect the animal welfare profession which directly or indirectly improves the wellbeing of strayed animals.



Our JOURNEY:



During the year 2020 Aatmoutsarga organized our first charity event of 'Feeding Campaign' during COVID -19 lockdown. We have been highly engaged in search and rescue operations of stranded animals. When a dog was attacked near to death in Pokhara our organization won the first legal battle against animal abuse. Our team was also represented as social advocacy in Miss Universe, 2020. We have been active in activities such as placing dog reflective collar belts (to reduce road accidents during nighttime), awareness campaigns and feeding campaigns throughout Nepal. On 25th May, 2021 Kathmandu Magazine did a cover story highlighting Aatmoutsarga and the issues covered by our organization. Our team has also received encouragement from 'The Royal Family of Nepal' as they were chief guests in one of our programs named 'Aatmoutsarga Grand Event'. Aatmoutsarga Grand Event was a collection of different programs which included rabies vaccination, feeding, deworming and providing reflective belts to stray dogs and feeding monkeys as well. Covering the entire Nepal we were placed on the top three positions of Animal Welfare Organization covered by highly regarded newspapers namely '**Online Khabar**', '**Nepal Breaking News**' and '**Khabar Express**'.

Objectives *of Aatmoutsarga*

- To create awareness among people, encourage them to act strongly for animal welfare and work towards better implementation of animal rights,
- To conduct proper demographic research on homeless street animals and to formulate a proper project plan for the eradication of homelessness among street animals,
- To conduct surgery/sterilization for dogs which helps to reduce the overpopulation of street and temple dogs,
- To operate a rescue center for puppies and dogs which could be used for adoption and to rescue dogs and puppies that are in immediate danger,
- To carry out feeding campaigns for street animals to decrease the rate of starving street animals and to bring light to the subject of animal rights



How it All Started?

I recall being 14 when I first witnessed street animals suffering in middle of the streets. That sparked a spark in me to strive for humanity, to “help souls.” However, all my singular efforts were not enough. At 19, an ambitious me, started an organization.

Even though I came from a very small city with very limited resources, I used it all up to set the organization, until, the team broke apart in only a month and I was left alone, soon to be reorganized after tremendous effort but deserted back again as the team-members left to start on their own individually.

It was a real struggle to manage the resources but I kept moving forward, believing that tomorrow would be better, and that one day I would be able to influence change and save humanity.

And the inner spirit never failed to encourage me, and things speedily began to accelerate, with thousands of young people being involved over the course of six months. Later, I was able to form a ideal team with a desire to succeed and selfless willingness to give back to the society by making the world a better and positive place.





S Coronavirus, Lockdown & STREET ANIMALS

The universe was expanding at its own pace. All the people placed in the universe were running to the point where they didn't bother to look back. It seemed like nobody was ready to stop as they were chasing something. The world was contending against the universe as if everything was moving smoothly. People were challenging everything, even their own creation just to be the "superior" power on this planet. It seems that humans can exploit all the living beings easily, as has been going on since ages, just to satisfy their eternal hunger for wealth, power and position. But suddenly, everything changed when COVID-19 came along.

COVID-19 came as a satirical new year's gift to us, a gift that nobody wanted, desired or was willing to accept. We were stuck, helpless and left alone to think about all of our sins and mistakes. The wrong-doing of humans against animal has brought about such a situation where people are locked inside their houses. But the animals are finally free to roam the planet which once also belonged to them. Oh, how the tables have turned!

The lockdown wreaked havoc. As a selfish being, we were running to save ourselves and satisfy our massive and insatiable hunger. But again, we had forgotten about the innocent

souls left in the desolate streets, hungrier than usual, yet we chose to ignore sensitive questions such as: 'Who would look after and help the abandoned street animals in need?' 'How will they find food, water and shelter on their own?'

We manipulated the nature they were dependent upon and made them rely solely on us. But, instead of taking care of them, we ignore our responsibilities towards them and leave them worse off. The already sorrowful lives of these stray animals were exacerbated by the lockdown. These voiceless animals have suffered a great injustice at our expense. We use them for our convenience and leave them to die starving when inconvenient, treating them like lifeless resources that cannot feel pain or hurt.

Street animals, especially in developing countries like Nepal, are considered undesirable and are greatly neglected. Much like us, these stray animals are waiting for the end of this pandemic, but for differing reasons. We want normalcy and the thrill of competing for wealth, power and position, but the animals await the opportunity to be able to once again scour our trash to prevent starving to death. They are patiently waiting for us to toss over a piece of stale, leftover bread or months old rotten food to satiate their hunger and narrowly salvage their lives. **'Unloved, unwanted and unwelcomed'** street animals in developing countries have a cruel fate that has determined and ruled by our pathetic human nature. They seek a rescuer to save them from our cruel world. They want love and care that they deserve much like any of us. It is time to gain a new perspective and right the wrongs of the past.



Animal Welfare in Nepal

Mr. Sanjeep Raj Regmi

Joint Attorney
Office of Attorney General

Nepal Penal Code Section 290 - Prohibition of cruel treatment to animals and birds (1) No person shall subject any animal or bird to torture by beating or hitting it, or by causing it to carry a load beyond its capacity or by causing it to walk or run beyond its ability or by engaging it in work if it is unable to work because of illness, wound or "Khatira", or any other cause, or by feeding it harmful substance or in any other manner whatsoever or leave publicly any animal or bird which he or she has grown up because of its being ill or aged or otherwise treat it cruelly or mercilessly. Provided that nothing shall bar the using of minimum force in order to make any animal or bird do any work or carry a load according to its physical capacity or make it run, with the objective to teach or train it to do any work or make it efficient on its work.



(2) A person who commits the offence referred to in subsection (1) shall be liable to a sentence of imprisonment for a term not exceeding three months or a fine not exceeding five thousand rupees or both the sentences.

Nepal Penal Code Section 291 - Prohibition of killing animals or birds in public places

(1) Except as otherwise provided in this Act, no person shall kill any animal or bird in any public place other than a religious place where there is a tradition to offer sacrifice of an animal or bird. Provided that nothing shall bar the killing of any animal or bird in a fair, feast, exhibition or event or place where there is a tradition of slaughtering animals or birds being practiced from time immemorial. Explanation: For the purposes of this Section, the term "public place" means a way, road, bridge, meadow or place for movement of human beings.



(2) In making sacrifice of an animal or bird under subsection (1), no sacrifice of such animal or bird shall be executed in any public place or religious place other than a religious place where the sacrifice of animals or birds has been in practice from time immemorial.



A Murder Case *that reflects* OUR SOCIETY

Aatmoutsarga is a newly formed organization with our aim to benefit abandoned street animals to a maximum level. Since our establishment, we have been receiving many phone calls, messages and emails about the cases related to torture and murder of street animals. Animal lovers often complain about their neighbors or the general public being malicious towards the street animals.

It was on the night of 19th April 2020, Aatmoutsarga came across a video where a dog was brutally murdered. This heinous incident took place in the Morang District of Nepal. The video was quite explicit and the suffering of this poor dog was extremely heart-wrenching. Every individual who is working for animal welfare and has empathy towards street animals were enraged by it. So, they were not willing to let this incident slide away so easily. One of the major goals of Aatmoutsarga is to take these cases of brutality in hand. During this incident, our organization had just started taking baby steps and so we decided our approach would be effective with the help of other welfare organizations. However, it did not turn out to be as fruitful as we had expected it to be. But our team members were not deterred by it. So, we decided to handle this with our own capacity and resources.

Our first step was to identify the location of this incident. On the same day, we started our investigation we came in contact with Mr. Shankar Dhakal - the President of Ward-10, Morang and the mayor of the ward. With their help, we were able to identify the guilty within 6 hours of investigation. The culprit's name was IndraSubedi and he was around 40-45 years old living in Ratuwamai Municipality, Ward- 10 Morang. After further investigation, our team figured the culprit was rest assured this case would not reach among people. We, as animal rights activists, were astonished by his reaction



because at first, he was not guilty at all. When we interrogated him we realized he did not have knowledge regarding animal rights. He had never been in any situation where he could imagine that mistreating animals could bring him into the eye of the law. After hours of discussion, the culprit was overwhelmed with panic and guilt. He reasoned that he had killed the dog out of anger because it used to kill chickens and bite people in his area. The culprit failed to realize that this dog might have been acting up only because it was hungry, scared and looking for a proper shelter.

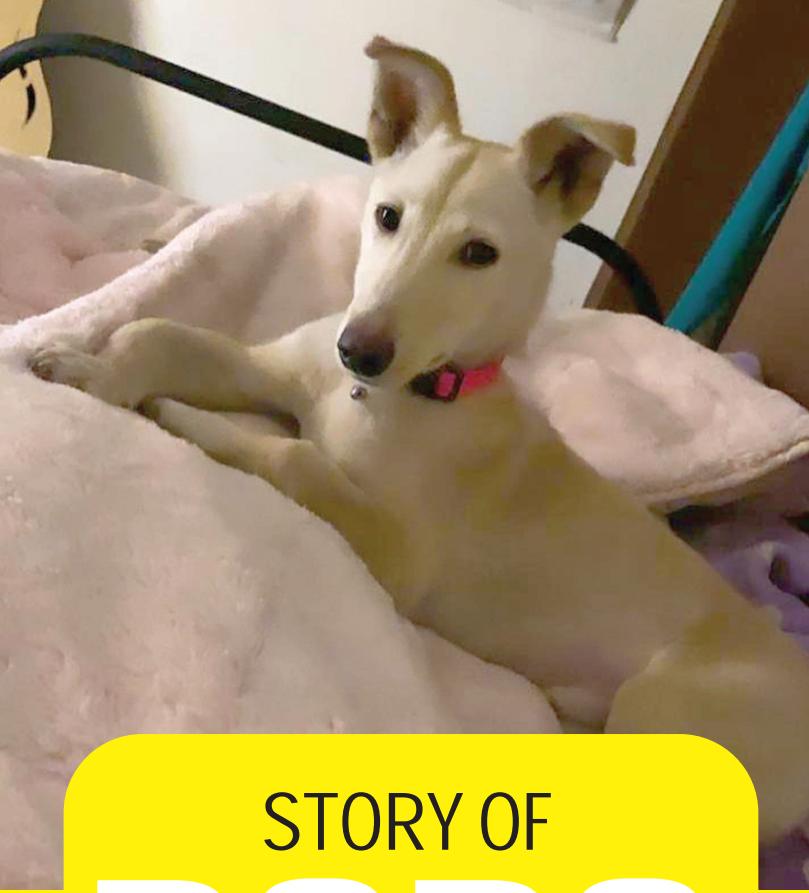
Every animal lover who was aware of this case wanted to hold him accountable for his actions

and so did our team. We continuously worked towards punishing this man however, it was not in our hands to decide his punishment. Even after we had handed him over to the authority he continued to request for forgiveness. The authority decided he would only be released if they saw changes in his attitude towards street animals. We also made sure the authorities realized their importance in bringing positive change in issues related to street animals.

“Sorry is an unoriginal and overworked word, but is an important part of forgiveness.” There is nobility in compassion and beauty in empathy. After a week, we saw some changes in the culprit. We got a few videos of him feeding the street animals and being playful with them. Although, there is no guarantee that he has changed for real but all we can do is hope. If he has truly transformed into an animal lover then we are glad we could change him for good.

We, humans claim that we have progressed much further in life but this is not true. We still do not know how to respect other helpless living beings in our society. There are still so many corners in Nepal where people are not aware of animal rights and the correct way to treat them. Our discussion with this particular culprit taught us a lesson that we still have to make many people aware of the issues related to animals.

Aatmoutsarga does not stand with criminals. Even when the pandemic was at rise we stood our ground in identifying the culprit, handed him to the authority and hopefully brought a positive change within him. Our team hopes that his story can create some level of awareness among the general public. We hope our readers realize that each living being on this earth deserves to be treated with respect. We are dedicated to make this happen - slowly but surely we will reach our goals.



STORY OF **DODO:**

'A Stray Dog'

"Learning to stand in somebody else's shoes, to see through their eyes, that is how peace begins. It is up to us to make that happen. Empathy is a quality of character that can change the world"

- Barack Obama

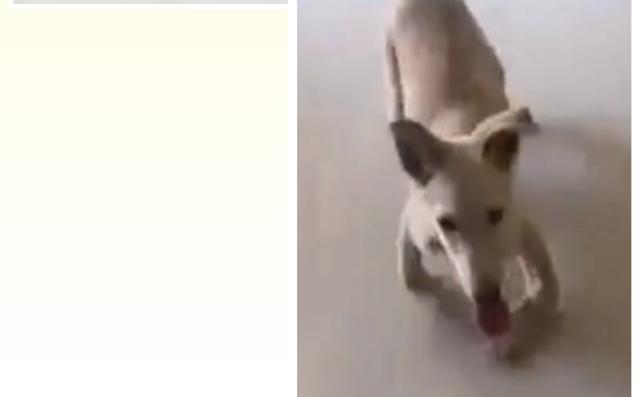
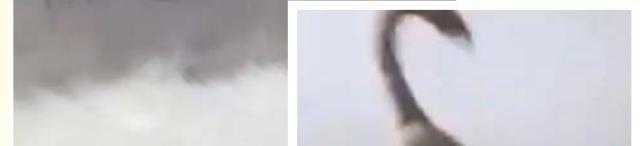
Dodo was a frail and exceedingly weak little thing roaming about Chyasal, Patan when Ms. Rajini, an animal lover with a loving heart first met him. She wanted to help him go free of his misery. Dodo is a dog who requires intense care, with a limb condition that makes it tough for him to even walk and forage for food. Ms. Rajini couldn't take her gaze away from him when she found him; wanting a better life for Dodo, she immediately began seeking for an organization that could offer a safe haven or adopt him.

Ms. Rajini contacted one of our members – Ms. Shrisha Shrestha, and updated her on Dodo and his situation. As the phrase goes, "animal lovers are a special kind of human breed," our member Ms. Shrisha fits that description well. Our search

continued for 3 days, even when Dodo was nowhere to be seen. We had lost hope, but after searching every nook and cranny of Patan, we found him in a dark alley, exhausted and terrified.

Ms. Shrisha took Dodo home right away and began administering medication, food, and vaccinations. She provided Dodo with sufficient care and love over the course of several days. As a result, he gradually got healthier and happier. We're just as pleased to see him now that he's healthy, active, and enthusiastic. When we compare Dodo's life on the streets of Patan to his life currently, it is extremely uplifting and inspiring. We are proud to have Ms. Shrisha in our team and it is a relief to know that humanity still lives in our world. Ms. Rajini and Ms. Shrisha are examples of people that accepted Dodo for who he was. They could see the innocent, adorable aspect of him no matter what he was and loved him. We are honored to be a part of such a remarkable narrative.

Thank you Ms. Rajini, Ms. Shrisha and of course, Dodo for such a transcending experience.



A Walk of HAPPINESS

Since an early childhood, Mr. Saurav had Cynophobia (an overwhelming fear of dogs) and was not fond of dogs at all. The reason behind this abhorrence was getting bit by a stray dog when he was just three years old. He vividly recalls his childhood when he felt uncomfortable & paranoid from their presence and even worse, he used to kick and throw pebbles at them. Gradually as he grew up, he wanted to overcome his fear, so, he started showing genuine interest in dogs. He even thought of adopting one. But because of



this disdainful societal norms about adoption and ‘adoption of stray dogs’ in particular, he was a bit hesitant. However, he adopted a stray dog even when he had little confidence about his family accepting Chulbul – lovingly he called her Chulbul. He had first welcomed Chulbul with the thought of gifting her to someone special. But the moment he saw Chulbul ‘It was love at first sight’. So, this is how he decided to adopt Chulbul. As soon as he saw her playing with other dogs he knew he wanted to give her proper love and care.

Our society is bounded by the walls of gender



discrimination. Sadly, ‘Gender Discrimination’ has spread its root everywhere. Not only humans but also animals. So, this is why Mr. Saurav valiantly decided to give her a home.

Now, Chulbul has totally changed his life for good. She has become an inseparable part of his family as everyone has accepted her. They absolutely adore her. A happy and adorable Chulbul can be spotted in every family picture and they admit that she has made their home a lively one. Even when Mr. Saurav arrives home after an exhausting 12 hours’ work shift he makes sure to provide her with quality time and attention. Similarly, Chulbul makes him feel loved and helps him forget about his monotonous life. She also goes after her name as she is one of the naughtiest dogs but this makes him love her even more. Her presence has changed Mr. Saurav to be a nicer human being. He has realized the significance of another living being on this planet beside humans and this thought has also

changed him to becoming a Vegetarian. Mr. Saurav frequently questions “How can humans overlook the brutality and starvation of these street animals every day? How can people discriminate between male and female dogs?” He says, “When I see my dog I see a living being, a friend, a family member and a being who cares about my family and I. My biggest anxiety today is to lose or get separated from her.”

All of us could think like Mr. Saurav for a change and if we did the society would truly be an ideal place for all. This is what we think but what do you think?





Depressing illness
Cured by

My Furry Friend



In this place replenished with absorbing people, we came across, Mr. Ayush, a 21-year-old male with a very outgoing, jolly and social personality who had a story worth being told to the society. It depicts how the current society is and how we as an organization have been able to connect the lives of people and animals to create a promising life. With such a personality, Mr. Ayush attracted friends and peers towards him. He became a guy who'd always have a bunch of friends around him. Around the end of his academic journey at the bachelor's level, he was caught in a bike accident and was hospitalized for 3 days. On consciousness, he came to know that his right leg had been partially paralyzed. He was admitted to the hospital for days of bed rest under medical supervision even after consciousness. He was in awe, not being able to move around, but having people come in to meet him had his mind distracted from the condition. He was dispatched from the hospital soon enough, but he'd to rest at home without being able to move. This would mean no more going out, people came to visit him for

the initial few weeks but his social life deteriorated slowly. As months passed by, his friends stopped coming over to his place. His life became more and more basic, and everything he did became mundane. With nothing to do all day, just lying in his bed, not being able to go anywhere, no one to meet and nothing to do, all he had was social media and the Internet. He spent hours on social media but the void of no close human interaction caused him to fall into depression. The contents and posts from social media made it worse by showing him what he didn't have.

One day while sulking about being unable to have a companion with him through those tough days, he went back to doing his daily duties, i.e. surfing the web, he came across a post from Aatmoutsarga. An adoption campaign, for rescued and abandoned dogs and announcement for available adoption. He

saw how someone was not being able to get the very same companionship and an accepting place as himself as he saw the dogs being posted for adoption. With the hope to have a companion and helping someone like himself, he requested adoption and was accepted by our organization. The

dog he applied for adoption was named, Anky, a dog abandoned by his previous owner and currently in a special shelter. Unable to pick up Anky from the shelter, we managed to drop Anky off at his home through our working members. Anky was very social and in the very first meeting. Mr. Ayush and Anky were able to get comfortable with each other instantly. Since the first meeting itself, they became close and became companions for each other. Adopting Anky changed his life, he now had someone waiting for him to eat, wake up, talk, play with, and just be together in each other's presence. His inability to move never became a barrier between him and Anky. The void created by not having friends around him and not getting attention from family was now filled by Anky. Spending time with Anky made him happy, his mental health became better with time and having Anky put his mind at ease. After few months of adopting Anky, he was also able to cure his depression and started living better with the inseparable companionship of Anky. This is what we call a true friendship between the two A's (Ayush & Anky).





A Day with **STREET ANIMALS**

A Day filled with **LOVE**

Former Princess **Purnika Rajya Laxmi Devi Shah** says, “Growing up surrounded by animals awoke my love for them. Which is why when presented with the opportunity to be a part of the feeding campaign, we were extremely excited. The experience was heartwarming and inspiring. I also felt sadness looking at how starvation struck these animals. We were very moved by the fact, organizations like Aatmoutsarga strive to better the lives of street animals.”

Growing up in an animal - filled environment sparked my interest in them. As a result, when the opportunity to participate in the feeding campaign arose, we were ecstatic. The experience was both heartwarming and uplifting. I was saddened to see how these animals were affected by starvation. We were moved by the fact that organizations like Aatmoutsarga work to improve the lives of street animals.

Listening to the board members’ plans for the organization/street animals of Nepal inspired me to work with them. I believe that this organization,



like many others, is helping to improve the lives of street animals. They brought the injustice that was happening to these animals to the attention of the public. The vision and mission of Aamoutsarga continue to inspire me on the daily and I hope you’re inspired too.

1. Ms. Niti Shah experience of the day with street Animals

It was a fun and memorable day moreover meaningful and productive to be feeding stray dogs. I am a dog lover and i wish these dogs had safe home to stay however, even a small effort counts alot. I am very grateful to be part of the program hosted by atmotsarga. There was a feeling of satisfaction and happiness witnessing the dogs have a great meal. Looking forward to be part of more initiatives for these furry four legged babies in the future.

2. Message she want to share to the general public.

Dogs are humans loyal best friend. Lets be kind to them. Often we love dogs of good breed but only the dog lovers



will know how great it feels to love every dog you see in the street, neighbours or your own. There's a saying no matter how you're feeling, your dog will always love you no matter what. Indeed, they have so much to give humans; affection and companionship.

3. Feedbacks or suggestions about Aatmotsarga. (If there's any)

Awesome job done by the team. I can see so much enthusiasm and love for the street dogs. Keep up the good work.



A Merrier Furry Dashain

Mrs. Hira Thapa residing in Naikap, Kathmandu is a tremendous animal fanatic. She is the principal of Bright Kinder World School. She lives with three of her dogs namely Tochy (15 years old), Laika (5 years old) and Fucchey (3 years old). She is inseparable from three of her fur babies and considers them a part of her family. She loves her dogs so much that she rejoices in every festival with them. We had an extremely insightful and refreshing talk with Mrs. Thapa. We also got an opportunity to listen to some of the magical experiences with her dogs.



admire being involved in every festival and occasion.

Q.1) What inspired you to celebrate Dashain with your pets?

- “For me, my dogs are not merely pets but they are my family. People enjoy celebrating Dashain with their families and so do I. Except some of my family members are furry and they have a tail. I celebrate most of the festivals with them. I have raised them as my children and include them in every family moment. They seize a very important place in my life. It makes me extremely sad knowing that dogs are not allowed to momentary joyous festivals in our Nepalese Society. So, when I first had them, I wanted to treat them like my family, like equals and not just

pets. I did not want to become their master. I wanted to become their family.”

Q.2) How do you feel celebrating Dashain with them?

-”I feel happy that my fur babies are a valuable aspect of my life. They complete my family and I. Dashain or any other festival is special for me and receiving an opportunity to celebrate with them makes love even more special. I feel fortunate that I can include them to relish festivals with me. Without them, every occasion would feel incomplete. I speculate my dogs love me equally and they

Q.3) Is there any message you want, to give to the general public regarding street dogs or dogs as a whole?

-“I want to tell everyone to treat them like your folk and in return, they will love you exclusively. Having a dog completes you and your family. Until you adopt a dog of your own you will not know what you have been missing out on. Also, I hope someday other people will love and look after their pets like their own family.”



In Nepal, A DOG: A REVERED GODLY AVATAR

Tihar, the festival of lights, is about respect and honor. It is a very joyous occasion for all of us including animals. The symbolic stories behind Tihar are all very absorbing but more importantly enlightening as well. Although, some people might not believe the stories but it is important to closely observe the messages it imparts.

the very first day of Tihar animals
Crows, Dogs, Cows and Oxen



are worshipped. These animals are contemplated messengers, avatars or forms of deities. Dogs ('khicha' in Newari) are worshipped on the second day of the five-day long festival. This day is called 'Kukur Tihar' where the dogs are smeared with Tikas and garlands of flowers are hung on their necks. They are showered with love and delightful food as a significance of expressing appreciation for their life long loyalty. On this special occasion, street dogs are offered with Tika on their heads, flowers around their necks and a tummy filled with food. It is surely a remarkable day for everyone.

The Mythological background:

The tradition of worshipping Dogs in Nepal comes from Hindu mythology. They are not only considered loyal companions but also as messengers of 'Yama' and incarnations of the god 'Bhairava'. In the Hindu epic 'The Mahabharata' the five Pandavas are followed by a dog as they ascend to Svarga - the abode of the gods. Yudhishtira -the eldest Pandava watches as his wife and four brothers lose the capacity to walk along with him. But it is only the dog who loyally follows him. So, at the gates of Svarga, Yudhishtira refuses to enter without the dog who

later reveals himself to be the god Yama. Thus, representing an unbreakable bond between humans and dogs.

Stories like this symbolize the strong bond between dogs and humans. Every religion teaches us to be compassionate towards animals. It is delightful to be a part of such a beautiful tradition which promotes peace among living beings. However, these messages should be turned into actions as well. Festivals are not the only time to exhibit such deeds that are so deeply rooted in our culture and identity. So, it would be a shame if we acted otherwise. We should not have to wait for 'Kukur Tihar' to respect and honor dogs same as how we do not wait for 'Mother's day' to love our mothers. If we only respect dogs on one special occasion and continue to mistreat them on other days then that would threaten our own identity.

It is a matter of pride for us that people from other countries appreciate this wonderful tradition of ours. They see it more as a responsibility that everyone has to follow rather than a cultural or religious obligation. In Mexico, a collective of 'Mexican Animal Rights' group started celebrating 'Kukur Tihar' since 2016. They also come out on the streets with their dogs, smear Tikas on their foreheads, a garland of flowers on their necks and celebrate this marvelous festival.

As said by the organizer of the annual festival Martha Dau to EL Universal Newspaper "We are convinced that a human being who does not hurt an animal will hardly hurt a human being."



Living with 10 Dogs



Mrs. Palmo Tamang in her early 50's lives with her husband, three daughters and ten adorable dogs that she considers a part of her family. Every day is a rush hour for Mrs. Palmo as she has to look after a family as big as such. Yet, again living in Boudha along with her family and a gorgeous view of mountains seems just ideal for her.

Mrs. Palmo adores all the animals. She claims even though she has to sacrifice enormous time taking care of her dogs there is nothing else she enjoys as much as spending time with them. Mrs. Palmo has always had a dog in her family. But the number gradually began to rise after she started growing immense compassion towards adopting street dogs. She developed self-realization to care for street dogs after she saw their miserable condition.

Her kindness and willingness to give a loving home to street dogs encouraged her to live with 10 dogs. Out of 10 of her dogs, 4 are stray dogs, another 2 were also adopted and the rest are mid-grown kids of her late dog that was also adopted from the streets. Mrs. Palmo has marked January 13th as a special day to celebrate the birthday of all of her 10 dogs. She adores them so much that she believes they should be loved and treated specially on every occasion possible.

She adds, "They are a part of our family so celebrating their birthday feels as normal as

celebrating any other family member's birthday." She also encourages everyone to adopt street dogs to lessen their suffering. She believes after you adopt them into your family they are not merely just your pet but they turn into one of your own children. She is desperately eager to feed the dogs, birds and other street animals of her community.

A value she strongly believes is to never abandon a dog because of its old age, any form of disease or notorious behavior. She believes since we do not abandon our family members when they fall sick we should not abandon the dogs we have adopted as well. She wants the readers to take legal actions against any sort of abusive behavior towards street animals. She believes everyone should focus on forging a better community for street animals.



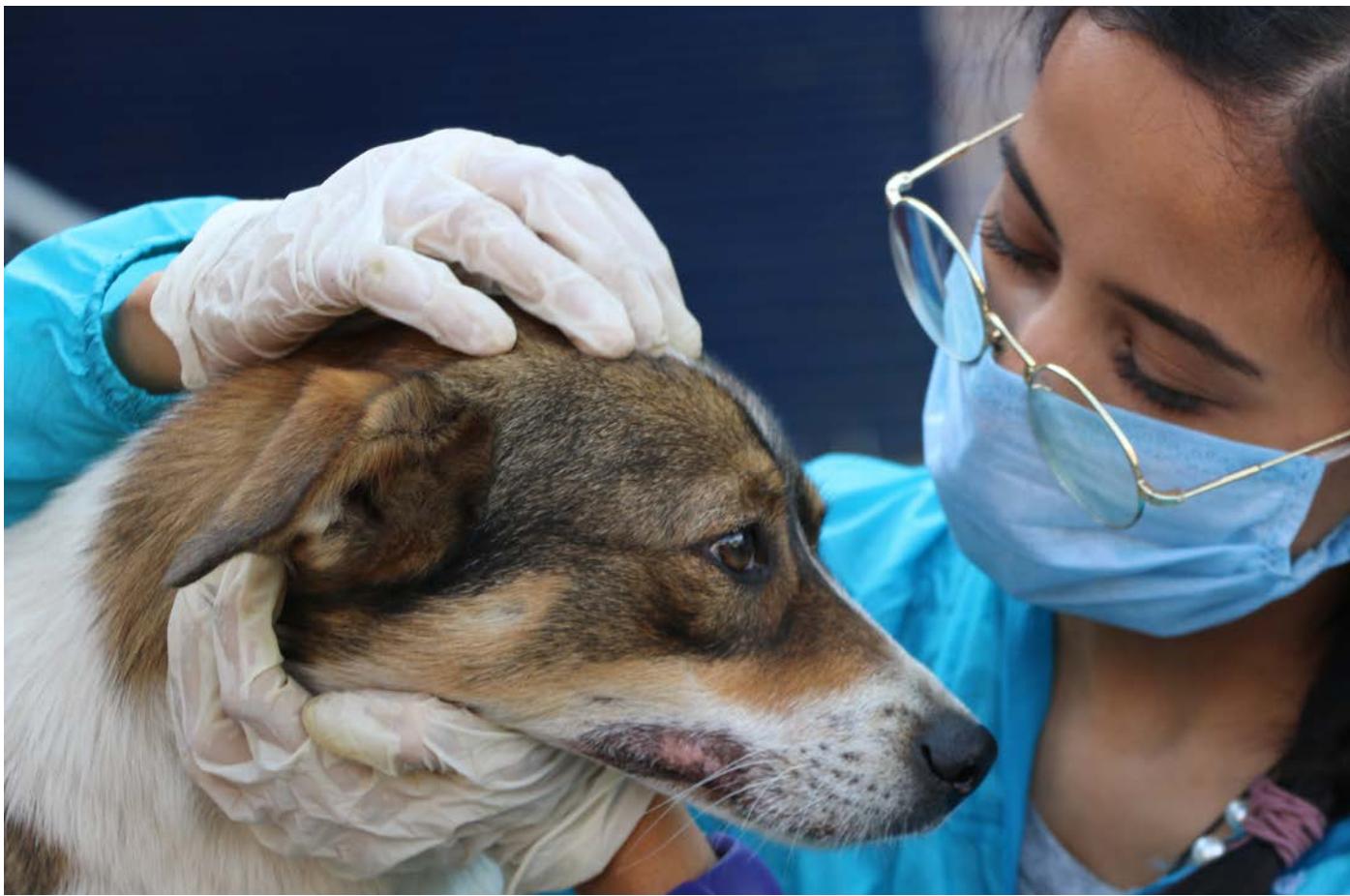
WHY DOGS Cry?



Animals have their way of communicating. They express their feelings in different ways compared to human beings. They communicate through movements of their tail, producing different sounds and through peculiar movements. But it can be difficult to decipher their message accurately. If you ever see your dog with forlorn, watery eyes then do not be deceived by its adorable looks - it isn't crying. Unlike humans, dogs and other animals do not cry by shedding tears. For them tearing up is solely a way of cleansing their eyes. Dogs howl and whine in a high pitched tone as a way of crying. Sometimes in the middle of the night, we might hear the dogs in our locality howl very loudly. But have you ever wondered why dogs cry? Below are the possible reasons why a dog may cry:

1. **Separation anxiety:** Dogs are emotional animals and can get very attached to their owners. You might be surprised to know the level of anxiousness some dogs get when they get separated from their owners. At times when they are alone, they howl for hours until they completely drain themselves. They may even act out by turning the house upside down. If you have to leave your dog all alone for a long time during the day it is better to leave a camera to monitor them. You could also try to remotely speak to them through a baby monitor at certain hours to put them at ease.
2. **Pain:** When in pain, dogs whimper and howl whilst licking the wounded spot. Dogs give out a sharp cry if they are hurt while playing. If your dog is suddenly whimpering while it is doing some activity like walking, eating or playing you should get it checked at your vet immediately.
3. **A hunger call:** Dogs whine to alert their owners to imply they are hungry. Even after feeding if they cry out it could mean that their hunger wasn't satiated or maybe they just want a special treat. Small puppies cry out to signal their mothers that they want food.





Note: If you have fed your puppy sufficiently and if it still whines for more food then you probably shouldn't feed it more. Overfeeding leads to a lot of serious health problems.

4. **Seeking attention:** Some dogs are so spoiled that they need constant attention from their owners. They want constant pats on their head, they want to play and go on a walk or drive all the time. They also cry out when they get lonely and bored. So, it is better to spend a quality time with your pets. Also, if you have to leave them alone it would be nicer to leave some toys that they can play with.
5. **Old-age dementia:** Cognitive problems and disorientation can develop as dogs get old. They start to get confused due to depreciation in thinking and memory loss. This can make them feel lost and afraid. They get very anxious and start to whine and cry. Medications can be given in such situation with a consultation with the vet.
6. **Discomfort:** Some dogs feel uncomfortable when there is a new resident or another pet in the house. During terrible weather



conditions like storms, lightning and heavy rainfall they may feel afraid or cold. In such situations, they may cry out. Like humans, even dogs are seen to suffer from depression. This is usually caused due to the death of a companion, the death of the owner or abandonment or medical conditions. In many cases, such dogs, especially the ones who are much attached, refuse to eat food or do anything. Until, eventually they die due to weakness. Just like every other being in this world dogs can cry however, their way of crying is very different compared to humans.



Board of DIRECTORS



MS. PRATIBHA GURUNG

Energy flows where the attention goes. Whatever we focus on, expands, a firm believer.

She wants to feed her soul, not just her body. Ms. Pratibha Gurung, 21, is an Apex College student pursuing a degree in business administration. She founded Aatmoutsarga and currently serves as its chairperson and CEO. She is leading the organization. As a professional, she has worked for a numerous of organizations as an event organizer, judge, consultant, and event planner. In 2021, she also received a social responsibility award. Ms Pratibha Gurung, the college topper, is also a visionary, self-motivated, energetic and kind individual. She is extremely spiritual and driven by a strong desire to give back to the society.

"Treat people the way you want to be treated" has been her motto and not just people but all the living beings and hence, she is a total cynophilist.

Sydney Gurung, 21, an EMCEE, television presenter, event organizer, and has recently finished her Bachelor's Level on Journalism & English Literature.

Ms. Sydney Gurung, the college topper as a professional, has been associated with many international brands and companies as a Co-Founder, Brand Ambassador & a Representative. She is very bold yet humbled and believes in karma so much. Above anything, she wants to contribute as much as she can to the stray as she feels they're in no power to articulate their wants& needs. She wants to voice them in every way possible.



MS. SYDNEY GURUNG



Former Princess
**PURNIKA RAJYA
LAXMI DEVI SHAH**

"Decorate your Soul with Inspiration"

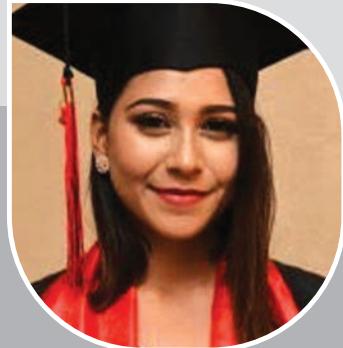
Former Princess Purnika Rajya Laxmi Devi Shah graduated from Kaasthamandap Vidhyalaya in Nepal and continued her education at World United College in Thailand (UWCT). She is currently enrolled in a program that allows her to pursue her interest in communication arts while also allowing her to pursue her interest in social work. She had the chance to do so while traveling with her mother, lending a helping hand around her Trust, observing and pursuing things as needed.

At the age of 21, Former Princess Purnika Rajya Laxmi Shah believes that her interest and education in the field of communication arts will help her not only in her personal development, but also in public relations.



Ms. Oshina Bharati, 22, is the General Secretary of Aatmoutsarga Nepal. She also founded the Safety Water Nepal and Bias Dhara Foundations. She graduated from Kathmandu's Lincoln School and is now pursuing a bachelor's degree in political science as well as a bachelor's degree in international development and social change at Clark University in Massachusetts, USA. Ms. Bharati is also a national and international level swimmer, having represented Nepal in four international competitions, including the World Championships and the South Asian Games.

She is the international student association's event chair at Clark University and has previous experience working as the athletic director's assistant at Lincoln School. She is a passionate, talented, and driven individual who wishes to make a difference in the society.



MS. OSHINA BHARATI



MS. SAGUN THAPA

Ms. Sagun Thapa, Age 22, is an MBBS student currently pursuing a medical degree in Bangladesh. She is working in the position of Marketing Director. She has been managing social media, handling contents, developing strategies and marketing campaigns to raise awareness for different social causes. She has been associated with Aatmoutsarga since the beginning through its ups and downs and is always willing to work and dedicate her time and energy towards the welfare of animals and the society.

Ms. Sagun Thapa is strong, driven and an enthusiastic individual who is always willing to stand up for the cause.

Mr. Durgesh Rajbahak, aged 34, a Workforce Management professional holds Graduation Degree of Bachelor of Commerce from Mumbai University, Maharashtra. He is the Executive Board Director and leads the execution team of the Organization.

Being a professional, he has been associated with workforce and client management of international Business Process Outsourcing organizations handling various clients in BFSI, Travel, Tourism Healthcare, FnA & Public sectors.

With more than 15 years of experience Mr. Rajbahak brings with him a global, professional & innovative approach for execution plans required for organization's overall development.



MR. DURGESH RAJBAAK



MR. SUSHIL ARYAL

Mr. Sushil Aryal, aged 28, currently pursuing MBA from Tribhuvan University, educated from ICAI and also holds graduation degree specialized in Business Finance and Accounting from Panjab University, Chandigarh. He is the Finance Controller and leads the finance team of the Organization.

Being a professional, he has been associated with different national and international conglomerates in different capacities such as Founder, Managing Partner, Director, Consultant etc. Furthermore, he also runs his advisory companies in Nepal and India. Young and energetic Mr. Aryal brings with him a global and innovative approach for policy building and organization's overall development.